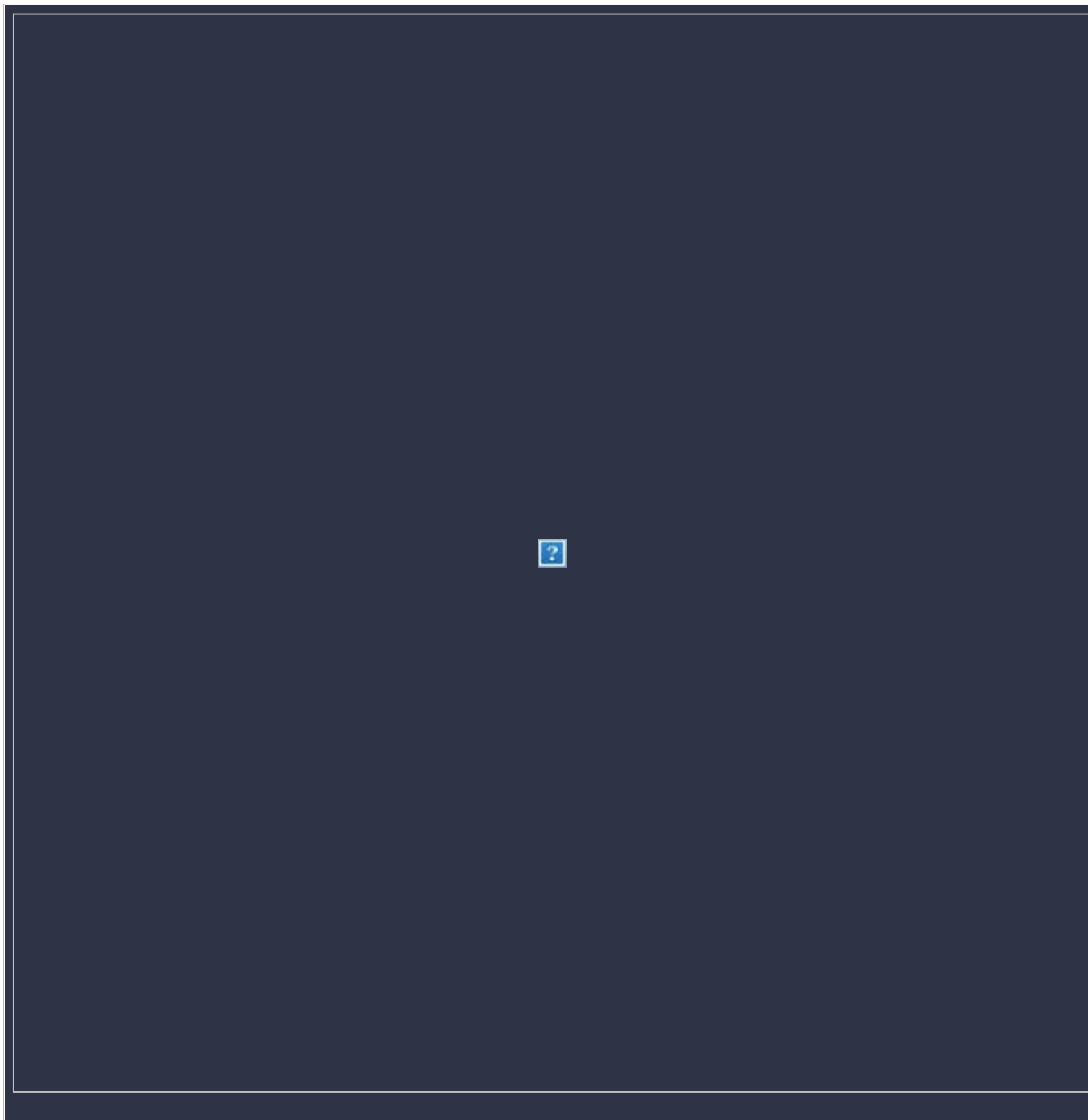


**From:** [New from Zócalo](#)  
**To:** [Kent Smith](#)  
**Subject:** Is Healthy Living Only for the Rich?  
**Date:** Monday, July 13, 2015 3:08:01 AM

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## Trade Winds

### Big Corporations Are Good for Social Progress

Multinational Companies, in Particular, Have Found That Oppression of Minorities Is Just Bad for Business

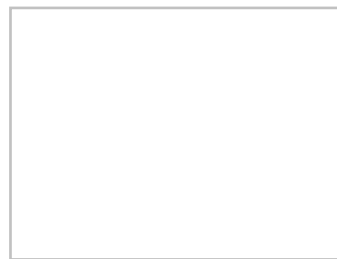
**BY ANDRÉS MARTINEZ**

Maybe we would all benefit if corporations wielded more political power, not less.

Ever since the Supreme Court's *Citizens United* decision in 2010, it's

been fashionable to deplore (with full-on *How dare they?* ...

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Wednesday, July 29, 2015, 7:30 p.m.

## Is Healthy Living Only for the Rich?

A Zócalo/The California Wellness Foundation Event

Moderated by Anna Gorman, Senior Correspondent, Kaiser Health News



Americans are eating healthier, smoking less, exercising more, and living longer than ever before--but only if they can afford it. The growing gap between the incomes of rich and poor Americans is mirrored by a growing gap in nutrition, longevity, and healthy behaviors. The poorest counties in the country also boast the highest rates of diabetes. Residents of the nation's poorest states also have the lowest life expectancies. Mental health, too, is connected to economics: Americans in poverty are twice as likely to report having been diagnosed with depression. What disparities--access, education, and free time among them--are behind these differences? And is it possible that those who have enough disposable income so caught up in fitness and food trends--zumba and kale, CrossFit and juicing--that they've become inured to deeper, pervasive wellness issues facing the less wealthy? **LaVonna B. Lewis**, of the USC Price School of Public Policy, **Tracie McMillan**, author of *The American Way of Eating*, and **Rohan Bastani**, co-director of the UCLA Center to Eliminate Health Disparities, visit Zócalo to discuss why all Americans don't have an equal opportunity when it comes to their health, and what can be done to level this playing field. [DETAILS](#)



## What It Means to Be American

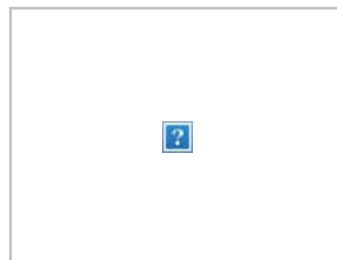
### What Would Jesus Read?

Americans Are Obsessed With Popular Religious Books Because They Give Us What Organized Religion Can't

BY ERIN SMITH

In the 1990s, my best friend--a brilliant historian with an "I read banned books" bumper sticker on her car--handed me a book that had changed her life. It was Thomas Moore's *Care of the Soul*, a 1992 New York Times best-selling spiritual guide for ...

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Wednesday, August 19, 2015, 7:00 p.m.

## What Is the Future of L.A.'s Transit?



**Phillip Washington** visits Zócalo to talk about how his experiences in Denver and the military have prepared him to run Metro, where L.A. fits into America's larger transit landscape, and the politics of urban transportation today. [DETAILS](#)

## In the Green Room

### Zócalo's Founder and Publisher Gregory Rodriguez

I Still Don't Know What I Want to Do When I Grow Up

**Gregory Rodriguez** is the founder and publisher of Zócalo Public Square. Before [interviewing Randy Newman](#) at the Getty Museum, he talked about how he likes his martinis, what he finds more important than happiness, and what he loves about L.A. ...

[READ MORE](#)



## New at Zócalo

[There's a Difference Between Riots and Rebellion](#) BY PAUL BISCEGLIO

[Give Kids the Tools to Make Music, Not Trouble](#) BY JOSIAH BRUNY

[Art Belongs in Communities](#) UP FOR DISCUSSION

[The Problem with Joy](#) BY DIANE K. MARTIN

[Music Writer and Photographer Steve Appleford](#) IN THE GREEN ROOM

[The Sushi in England is Terrible](#) #myLAcommute

## Upcoming

**July 13** [How Do We Keep Community in the Community Arts Scene?](#)

WITH TONI MOMBERGER

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